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Fitness

Government
Publications



Ministry of
Community and
Social Services

Until recently, it was believed that aging naturally led to infirmity and the best treatment was rest and inactivity. These old ideas are now giving way to a new philosophy. Medical authorities confirm that with regular planned exercise, the Senior Citizen can enjoy better health, gain more resistance to sickness, and possess greater recuperative powers.

Before beginning any fitness program, remember to consult your physician.

Two fitness programs have been specially developed for the "over 60" group.

LIBRARY

"Fitness for People Over 60" is available from the Recreation and Parks Department, Senior Citizens Programs, Ottawa, Ontario. The booklet costs \$1.00.

"Fun and Fitness" is available from the Canadian Red Cross Society Services for Seniors, Ontario Division, 460 Jarvis Street, Toronto, Ontario, M4Y 2H5 at a cost of 25 cents.

"Health and Fitness" is available from Recreation Canada, National Department of Health and Welfare, Ottawa, Ontario.

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